

## **Lahey Clinic, Burlington, Massachusetts**

Lahey Clinic is strongly committed to programs in education, research, and wellness both in-house and throughout the community. From their primary care physicians, their specialists, and support groups their aim is to provide high quality health services in the most appropriate setting. They serve approximately 400 to 600 seniors a year.

Lahey Clinic is the Nutrition Regional Center for the National Council on the Aging Models Program Project. They developed and offer the “Healthy Eating for Successful Living in Older Adults” workshop throughout Massachusetts and nationally. This evidence-based workshop is both educational and a support program designed to assist older adults in the self management of their nutritional health and includes a strong exercise component. This program is innovative because it stresses self-management strategies using behavior modification approaches as core components.

They offer the Stanford University “Chronic Disease Self-Management Program” to their patients and to all seniors in their communities. This program is a behavior change approach and stresses a strong self-management component. Along with managing health problems it promotes active sound nutrition and exercise components. They have funded and implemented the program in nine communities and the program is open to all seniors. Lahey serves as Master Trainers for the program in their area.

Their programs are evidence-based and set a new standard and support for communities. This is a new approach to improve the health status and health outcomes of older adults through innovative and important health and wellness programs that are community-based.

Their partners include the National Council on Aging, MinuteMan Senior Services, Burlington Senior Center, Wilmington Senior Center, Billerica Senior Center, Montachusett Opportunity Council, Andover Senior Center, Hebrew Senior Life and Kit Clark Senior Services.

The key elements that make these activities work are offering programs that are proven successful, well documented and evidence based. They are striving to develop a collaborative association between partners, working together to provide the best quality programs for the best possible outcomes. They continue to keep programs cost effective and easily implemented into regular program schedules. They promote the programs and link with referral sources. They work together to raise funds to support these programs. The originality of this effort is the link between organizations, developing a collaborative environment and offering programs that are new, have a different approach and are proven effective.

Securing funding to sustain these projects took a team approach. Working together to identify and build relationships with funders was key. Time, effort, and creativity were used in developing the plan and being flexible in the approach proved successful.

The Lahey Clinic supports these programs with help from their Community Benefits Initiative, Robert E. Wise Foundation, the Lahey Clinic Philanthropy Department, the John Hartford Foundation, and the Harvard Pilgrim Foundation.